perplexity

Squats and two other exercise 4sets of 4 reps

Certainly! Here's a simple strength-focused workout using squats and two other exercises, structured as 4 sets of 4 reps each. This low-rep, high-set scheme is great for building strength, especially if you use challenging weights and focus on good form.

Strength Workout: 4 Sets of 4 Reps

1. Squats (Barbell Back Squat or Goblet Squat)

- **Sets:** 4
- **Reps:** 4
- **Rest:** 2–3 minutes between sets
- **Tips:** Keep your chest up, core tight, and drive through your heels.

2. Bench Press (Barbell or Dumbbell)

- **Sets:** 4
- **Reps:** 4
- **Rest:** 2–3 minutes between sets
- **Tips:** Lower the weight under control, keep your feet planted, and press up explosively.

3. Bent-Over Row (Barbell or Dumbbell)

- **Sets:** 4
- **Reps:** 4
- **Rest:** 2–3 minutes between sets
- **Tips:** Keep your back flat, pull your elbows toward your hips, and squeeze your shoulder blades at the top.

How to Use This Workout

- **Warm up** before starting (5–10 minutes light cardio + dynamic stretches).
- Choose a weight that is challenging but allows you to maintain good form for all 4 reps.
- Rest adequately between sets for maximum strength.
- Cool down and stretch after the workout.

Let me know if you want exercise substitutions or a different focus (like muscle building or endurance)!